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Congratulations to **Dr. Cari Patterson**, who recently successfully presented *Lessons from the Learning Pathway: Decolonizing Evaluation*, her PhD dissertation. This has been a long time dream for **Cari** and we're all very proud of her!



Welcome to Our Winter '22 Newsletter

It has been a beautiful fall here in Nova Scotia, but the bite of winter can be felt in the air as we fast approach the end of another year. Our Autumn has been busy with many projects that will carry over into the new year and we'd like to tell you a bit about them.

This year has been a special, as it marked the twentieth anniversary of **Horizons**.

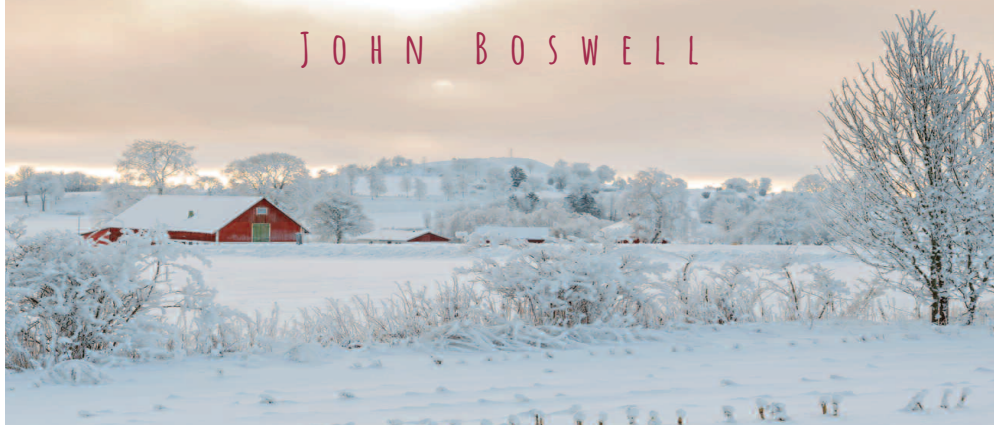
We would like to express our sincere appreciation to our friends and family who have celebrated with us, challenged us, and supported us the last twenty years. We love you and we thank you.

We wish you all the best for the holidays and for the coming year.

Jean Vicki Paule

"WINTER, A LINGERING SEASON, IS A TIME TO GATHER GOLDEN MOMENTS, EMBARK UPON A SENTIMENTAL JOURNEY, AND ENJOY EVERY IDLE HOUR."

JOHN BOSWELL



Please note: Throughout this newsletter, all embedded links are identified by **purple text** and underlining.

The Horizons Team

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Stepping Up:

A Learning Journey for Settler Canadians

Between **January 11** and **March 1, 2023**, we will be hosting the **Stepping Up** course. This course provides an opportunity for non-Indigenous people to begin to explore their roles and responsibilities in the Truth and Reconciliation process. We highly recommend that settler Canadians join us in this course to learn more about our responsibilities in truth and reconciliation.

For more information or to register, please visit
<https://horizonscda.ca/steppingup.php>

REFERENCES TO SUPPORT OUR COLLECTIVE LEARNING AND DECOLONIZATION

Tracy Boyer and **Stephanie Gill** have been sharing resources and learnings as a part of the Shift Change. We would like to share a few of these.

<https://native-land.ca/about/how-it-works/> and **<https://native-land.ca/>**

Native Land Digital strives to create and foster conversations about the history of colonialism, Indigenous ways of knowing, and settler-Indigenous relations, through educational resources such as our map and Territory Acknowledgement Guide.

<https://breachmedia.ca/>

An independent media outlet producing critical journalism to help map a just, viable future. We provide a platform for voices you won't often find in the establishment media and investigations, analysis and video content about the crises of racism, inequality, colonialism, and climate breakdown.

<https://www.nwac.ca/assets-knowledge-centre/SPARK-NWAC-CRGBA-TOOLKIT-2022-EN1-3-Feb-15-2022.pdf>

An independent media outlet producing critical journalism to help map a just, viable future. We provide a platform for voices you won't often find in the establishment media and investigations, analysis and video content about the crises of racism, inequality, colonialism, and climate breakdown.

<https://mikmaqrights.com/>

We work on behalf of the Mi'kmaq of Nova Scotia in discussions with the Province of Nova Scotia and the Government of Canada on how the Mi'kmaq of Nova Scotia will implement their Treaty Rights, as provided by our ancestors in the covenant chain of Treaties signed in the 1700's. This site is constantly updated with information, educational materials and ways to provide input and guidance on our work, so please check back regularly.



Current Contracts

■ Shift Change: Advancing Women and Equity in the Skilled Trades • YWCA Halifax (NSHA) • (Paula, Jean)



Our work with the **YWCA** of Halifax to develop and implement a three-year developmental and outcome evaluation for *Shift Change*, a project that seeks to improve women's economic security and prosperity by addressing the barriers to the participation and advancement of women in the skilled trades sector, continues. We are building connection, inclusion, and commitment to accessible employment for women and all genders. Our developmental evaluative process has informed our thinking and next steps.

■ Fountain of Health • (Jean, Vicki)



Our ongoing project management of the **Fountain of Health** (FoH) initiatives continues, supporting national and Nova Scotia teams and projects. Our work on the Affinity Fund project, *Thrive MD*, has wrapped up and the final report sent off to the funders. Most recently, we have supported the initiative's work to find sustainable funding, and the updating of the *Optimal Aging* workshops. We also supported the fall rollout of the *5 Minute CBT* course for clinicians that just wrapped up and are now promoting the next offering in February. **Jean's** son, **Lee**, has also shared his technical skills for this work, editing each session's recording to share with participants.

■ Nova Scotia Health, Mental Health & Addictions • Evaluation of the Adaptive Mentorship Network – Pain & Addiction • (Jean, Paula)



Horizons has begun work with Nova Scotia Health, Mental Health & Addictions to develop and implement a needs assessment framework, an evaluation framework, and create evaluation tools for the *Enhancing Peer Support for People Living with Substance Use and/or Concurrent Disorders Project*. This federally funded pilot is launching in two communities within their Recovery Support Centres.

■ Pictou County Community Health Centre Society • Development of an Operational Plan • (Andy, Jean)



This fall we began working with the Pictou County Community Health Centre Society to develop an operational plan for a new Community Health Centre. **Andy Horsnell**, a **Horizons'** Associate, has joined us on this project. We will be developing job descriptions, a human resources framework, administrative requirements, and an initial 1-3 year budget for infrastructure and operations. Our initial work has included a visioning session with Society members to clarify the Centre's potential users, its role, and what is required in the start-up of the Centre.

■ Nova Scotia Health Authority, Mental Health & Addictions • Adaptive Mentorship Network Evaluation • (Jean, Paula)



Our work with the *Adaptive Mentorship Network* to evaluate the scale-up of the network to be more fully engaged in the other Atlantic provinces, outside Nova Scotia, continues. Most of our work since the last newsletter has focused on working with the Centre for Effective Practices, Pain BC, and AMN-P&A to create a common evaluation framework, measures, and data collection tools. Earlier this month, the first intake and baseline surveys were rolled out with mentor and mentee clinicians in Newfoundland and Labrador. Next steps are finalizing the repeat measures and creating focus group and interview guides to capture the rich information from participants.

(Cont'd.)

Update on Events

Liverpool International
Theatre Festival

The 2022 Festival was a rousing success!

After a 4-year hiatus, seven troupes from around the world, including a group from Italy (*below*), visited Queens County in October to participate in the biennial Festival, treating audiences to spectacular performances!

Photo: Chris LaRocque

Spring Into Action
Challenge 2023

Mark your calendars! The **Spring Into Action** physical activity challenge will take place from **April 11 to May 21, 2023**. We are already making plans and can't wait to get *springin'*!

Watch for updates on our Facebook page at [https:// www.facebook.com/horizonspringintoaction/](https://www.facebook.com/horizonspringintoaction/)



May the beauty of
the Season touch you.

Jean Paule Vicki

Holiday Break

Horizons will be closing for the holiday break on December 19th and will reopen on January 5th, 2022.

We wish you all the very best of the holiday season!



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